



Walter Reed  
National Military  
Medical Center

Patients receiving sedation  
MUST HAVE  
Adult Escorts  
PRESENT  
at check-in  
or  
your procedure  
*Will be Cancelled.*

# **Miralax Prep Optical Colonoscopy** **Instruction**

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**PROCEDURE DATE**

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**ARRIVAL TIME** (Not Procedure Time)

## **PURPOSE OF COLONOSCOPY:**

- (A) Abnormalities can be visualized and further information obtained by taking a biopsy.
- (B) A diagnostic exam that allows the physician to carefully examine the lining of the large intestine or colon with a flexible tube equipped with a light and a camera.
- (C) A therapeutic exam in that If a polyp is found, it will be removed.

**LENGTH OF TIME**     *Preparation Time ½-1 hour; Procedure ½-1 hours; Recovery ½-2 hours=2-4 Hours*

## **GENERAL INSTRUCTIONS**

You will receive sedation for your procedure and will not be able to drive yourself home after the procedure. You must have a responsible adult accompany you home. Please have your responsible adult available to discuss your discharge instructions prior to your discharge. You will not be permitted to use any form of military or public transportation after your procedure if you are unaccompanied by an adult. Bus, taxi or shuttle drivers do not fulfill the requirement of a responsible adult. **YOUR PROCEDURE WILL BE CANCELLED IF YOUR ADULT ESCORT DOES NOT ARRIVE WITH YOU AT THE CHECK-IN DESK. AT A MINIMUM YOU SHOULD PLAN FOR 3 – 4 HOUR WAIT AND YOUR DRIVER SHOULD NOT LEAVE THE HOSPITAL GROUNDS.**

**Your Designated Driver must arrive with you or your procedure may be cancelled.**

- 1. It is recommended that females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. Menopause is defined as last period was more than 12 months ago; if your last period was more recent, please submit a pregnancy test. It can be done in the WRNMMCB lab 1 hr before your appointment time. The lab opens at 0700.**
2. You may take Tylenol (acetaminophen), Motrin or Aspirin if you need a pain reliever. Formerly, we asked patients to stop Aspirin before their procedures. This is no longer necessary.
3. Oral iron or fiber supplements (such as Metamucil, Citrucel, Fibercon) should be discontinued 5 days prior to the exam. Please check with your physician for any substitutes.
4. Heart and blood pressure medications should be continued and taken the morning of the exam. Check with your physician regarding other medications, especially insulin, if you are diabetic.
5. If you are diabetic, hold your Metformin (Glucophage) for 24 hrs before your procedure. Hold any other oral diabetic medications the morning of the procedure and check your blood sugar before arrival. If your blood sugar is 70 or below, please inform the staff immediately upon your arrival.

6. Please report to the front desk of Gastroenterology in Building 9 on the 1<sup>st</sup> Floor for appointment.
7. Leave valuables at home or with the adult who accompanies you for the procedure.
8. Wear comfortable clothes.
9. Remove all body piercings.
10. **DO NOT DRINK ANY ALCOHOL** once you begin the prep.

There will be a waiting period prior to the procedure. The NNMC staff strives to give every patient individualized, quality care. We apologize for any inconvenience that waiting may cause you.

## **PROCEDURE**

- 1) An intravenous line (IV) will be placed in order to provide medication for sedation and comfort. You will be receiving conscious sedation - you may be awake or asleep for the procedure depending on how the medications affect you but the goal is comfort.
- 2) Oxygen will be administered, and your heart and blood pressure will be continuously monitored throughout the procedure.
- 3) While lying comfortably on your left side, the physician will insert the flexible, lubricated scope into the rectum and carefully advance it through the colon. Some air and water will be placed in the colon to assist in the exam, which may be expelled afterwards. After the exam, you will rest in the recovery room until you are able to tolerate liquids and walk unassisted.

**Preparation is of the utmost importance in providing accurate Colorectal Cancer Screening. The instructions below should be adhered to optimize the outcome.**

### **2-3 Days Before your exam**

#### **PURCHASE AT THE STORE:**

- Miralax 8 ounce (255 grams) bottle (over the counter)
- 4 TABS Dulcolax Laxative or Biscodyl (generic) laxative (over the counter).
- Gatorade – 64 ounce bottle. **NO RED OR PURPLE**

Drink plenty of fluids throughout the period 2-3 days before your procedure to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluids per day.

Avoid seeds, nuts, oatmeal or other whole grains, beans, peas, corn, and the peels of fruits and vegetables as these may remain in the colon after completion of the prep. This is a **low residue diet**.

**Day before your exam****DO NOT FOLLOW ANY OTHER INSTRUCTIONS**

<u>Time</u>	<u>Instruction</u>
	<b>No Solid Food.</b>
<b>MORNING</b>	<b>PREPARE YOUR PREP:</b> Prepare Gatorade and Miralax solution in the morning. Mix the entire 255 g bottle of Miralax with the 64 ounce bottle of Gatorade in a pitcher. Shake the solution until the Miralax is dissolved, then place in the refrigerator.
	<b>FOLLOW A RESTRICTED DIET OF CLEAR LIQUIDS</b> <ul style="list-style-type: none"><li>• Coffee, Tea</li><li>• Clear Juice without Pulp(Apple, White Grape, Lemonade)</li><li>• Broth, Bouillon</li><li>• Gatorade or Similar Sports Drinks</li><li>• Kool-Aid, Crystal Light</li><li>• Jell-o (no added fruit or toppings)</li><li>• Popsicles</li><li>• Carbonated Soft Drinks (Coke, Pepsi, Sprite; Diet or Regular)</li></ul> <b>AVOID RED, PURPLE OR ORANGE LIQUIDS; NO DAIRY OR PULP. Drink plenty of fluid</b> throughout the day to avoid dehydration. <b>DRINK 8 OUNCES CLEAR LIQUIDS EVERY HOUR MINIMUM</b>  <i>The prep will work better, you will feel better and it will be easier to start your IV, if you avoid dehydration.</i>
<b><i>You may go to work, but be home by 3 pm to begin your bowel prep. Before starting your bowel prep, make sure you are close to the restroom.</i></b>	
<b>1500 (3:00 PM)</b>	Take 4 Dulcolax Laxative tablets with water.

Time	
1800 (6 pm)	<ul style="list-style-type: none"> <li>• Begin drinking the Gatorade and Miralax solution.</li> <li>• Every 10 - 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the entire solution is complete.</li> <li>• You may start going to the bathroom after only a couple of glasses, but be sure to drink <b>ALL</b> of the solution.</li> <li>• Drink an additional 16 ounces of clear liquids of your choice</li> </ul>
	You should only be drinking clear liquids-NO SOLID FOOD

### **DAY OF THE EXAM**

You should only be drinking clear liquids-NO SOLID FOOD

0530	<b>If your procedure begins before noon, STOP drinking clear liquids at 0530 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.</b>
1100	<b>If your procedure begins after noon, STOP drinking clear liquids at 1100 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.</b>

### **OUTPATIENT DISCHARGE INSTRUCTIONS:**

1. You are advised to go directly home and rest quietly for the remainder of the day.
2. Until the morning after your procedure:
  - DO NOT** Drive or operate any machinery
  - DO NOT** Consume any alcoholic beverages
  - DO NOT** Sign any legal documents or make critical decisions
  - DO NOT** Take any **un-prescribed** medications
3. You may resume your normal diet.
4. A feeling of fullness or cramping from remaining air in your bowel is normal. Mild activity, such as walking, will help expel the air. Lying on your left side or directly on your stomach will also help expel the remaining air.

***IF YOU HAVE ANY QUESTIONS, CONTACT THE NURSE EDUCATORS OFFICE AT (301) 319-8284, BETWEEN 0800-1600 (WEEKDAYS). PLEASE CONTACT US IF PROBLEMS ARISE BEFORE YOUR PROCEDURE OR IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE.***

**PLEASE GIVE AT LEAST 72 HOURS NOTICE WHEN CANCELING. LESS THAN 72 HOURS NOTICE MAY DELAY CARE AND INCREASE MEDICAL COST. IF YOUR PROCEDURE IS CANCELLED LESS THAN 72 HOURS PRIOR TO YOUR PROCEDURE YOU WILL BE CONSIDERED A "NO SHOW".**

**ANY PATIENT THAT CANCELS GREATER THAN TWO (2) PROCEDURE APPOINTMENTS WILL NEED TO HAVE A CLINIC APPOINTMENT BEFORE BEING PLACED BACK ON THE ENDOSCOPY OR CTC SCHEDULE. SPECIFIC CIRCUMSTANCES MAY BE ADDRESSED AT THE DISCRETION OF THE MEDICAL DIRECTOR.**